

## Useful Information

### **Parkinson's UK** (<https://www.parkinsons.org.uk/>)

Charity supports the Parkinson's community. They have a lot of resources available to you and you can search your nearest local group, emotional and practical support, health and wellbeing services or social activities. They also have a helpline that you can use for advice and support.

### **The Michael J. Fox Foundation for Parkinson's Research** ([The Michael J. Fox Foundation for Parkinson's Research | Parkinson's Disease \(michaeljfox.org\)](https://www.michaeljfox.org/))

This organisation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.

### **West London Parkinson's Exercise Hub** ([West London Exercise Hub for People with Parkinson's | Parkinson's local support finder \(parkinsons.org.uk\)](https://www.parkinsons.org.uk/local-support-finder))

The club offers free Tai-Chi and Aqua aerobics classes, friendship and support locally to people with Parkinson's, their families and carers. For more information contact Beate Vogt ([beate.wlpeh@gmail.com](mailto:beate.wlpeh@gmail.com)).

### **London Working Age Group – Meet up**

3<sup>rd</sup> Monday of every month at **The Distillers Pub**, Fulham Palace Road, W6 9PH.

For more information contact the host Rory O'neil ([roryoneil299@gmail.com](mailto:roryoneil299@gmail.com)).

### **Parkinson's gym membership at Everyone Active** (<https://www.parkinsons.org.uk/news/everyone-active-offers-free-membership-people-parkinsons-and-their-carers>)

Everyone Active is offering **free** membership to people with Parkinson's and their carers.

### **PD Warrior** (<https://pdwarrior.com/whatweoffer/>)

PD Warrior is an exercise rehabilitation program, support network, education channel, enabler, confidence giver and motivational coach. They offer a range of programs and membership's levels, giving you control to choose an exercise rehab solution to help slow your Parkinson's symptom.

### **Neuro Heroes** (<https://www.neuroheroes.co.uk/>)

Neuro Heroes is the UK's first online neuro gym, delivering condition specific exercise classes for those living with Parkinson's Disease, and other neurological conditions.

### **Get involved in research**

For research available at Charing Cross Hospital please contact the Neurosciences Research Team via email [imperial.mic@nhs.net](mailto:imperial.mic@nhs.net) or phone call to 07920715855.

You can also get involved in research via Parkinson's UK, you can email [rsn@parkinsons.org.uk](mailto:rsn@parkinsons.org.uk) or call 020 7963 9398.

### **Talking Therapies (IAPT)**

You can access NHS talking therapies services for anxiety and depression via <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service>

### **South London Younger Parkinson's Network** (<https://slypn.org.uk/home/homepage/>)

South London Younger Parkinson's Network (SLYPN) is a support network for younger people, who are working age and live with Parkinson's in South London.

### **Dance for Parkinson's** (Royal English Ballet)

The programme invites you to experience the joy of dancing to live music, socialising and meeting new people, seeing dance performances in partnership with hub partners: Royal Albert Hall in London, DanceEast in Ipswich, Liverpool Hope University in Liverpool, Oxford City Council in Oxford and affiliated hub partner National Dance Company Wales in Cardiff. More information at [Dance for Parkinson's - English National Ballet](https://www.danceforparkinsons.org.uk/).

### **Online Social Singalong**

The beauty of online singing is that you will be able to see and hear Alison Richards singing and playing the piano, (and see your fellow singers as well), BUT no-one else will be able to hear you singing along. There is also the opportunity each week (if you would like) to meet new people, and have a little chat with other singers during the session. There is no need for any prior experience - just an enthusiasm to 'have a go'!